



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

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April 2017



We are so fortunate to have a wonderful group of volunteers who help us out all year long here at the Center. This month, it is our pleasure to celebrate their many contributions with a **Volunteer Appreciation Day on Monday, April 24**. Our theme this year is "Volunteers Make the World a Brighter Place", and our volunteers really do just that!! We want them ALL to know that they are truly appreciated! Whether you have helped out with Meals on Wheels service, volunteered in the office, called Bingo, stocked our food pantry, made reminder phone calls, decorated the center, folded or distributed our newsletters, served lunch, or helped in some other way, come let us show our appreciation!

We'll start things off at 11 a.m. with a Social. Come enjoy light refreshments as we welcome our volunteers and show them some love! Then at 12:00 our delicious "Potato Bar" will be back by popular demand. Enjoy your potato with chili, cheese and lots of other fixin's. Volunteers eat for free and guests are asked to donate \$3. Following lunch we have an extra special treat. Singer Tony Funches will be here to entertain us with timeless music at its best. For more than a decade, Tony graced stages around the world as the longest standing lead singer of the legendary Hall of Fame music group, The Platters, performing classic hits such as 'Only You,' 'Smoke Gets In Your Eyes,' 'The Great Pretender' and many more. He now performs not only the songs of the Platters but many other classics from artists such as The Drifters, Nat King Cole, The Temptations and more. So bring your dancing shoes and enjoy!



**Volunteers
Make the World
a Brighter Place!**

Those of you who have had a chance to volunteer at the Center know how rewarding it can be. For those who have not had an opportunity to help us out, we hope you'll consider joining us! There are SO many opportunities to pitch in, whether it's every day, every week, or just once a month — the choice is yours. Let us know if you're interested in helping out.

And speaking of volunteers, this month we owe a special thanks to a few special people:

- Many thanks to Betty Brault for donating her time and supplies to provide a fun craft for our seniors. We truly appreciate it!
- Thanks to the students of BVT for the free manicures they'll be providing on March 31. What a treat!
- We appreciate the staff and students of Memorial School for treating our seniors to a wonderful Caring Breakfast—it was amazing!
- Thank you to Acting Town Manager Bob Reed, Police Chief Bradley and the Fire Department and Town Hall staff who helped prepare and serve pancakes at the Center in March. Yummy!
- A special shout out to Edna Lariviere and Jo McLaughlin for doing a Spring cleanout of our kitchen. It was much needed!
- And endless thanks to Paula Lepore for her ongoing assistance with flyers, decorating, bulletin boards, and anything else we ask of her. We appreciate you Paula!

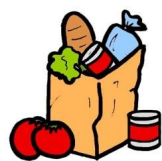


Janice



**Please note that the Upton Center will be closed for
Patriots' Day on Monday, April 17th. No meals will be served.**

Shopping Trips



Time spent in the stores is typically 60–90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*

Tuesday, April 4 at 12:30—**Hannaford's**, Uxbridge

Thursday, April 6 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, April 10 at 12:30—**Market Basket**, Hudson

Wednesday, April 19 at 9:00—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Friday, April 21 at 9:30—**Kmart**, Webster w/a lunch stop at **McDonald's** on the ride home.

Friday, April 28 at 9:00—**Market Basket**, Oxford



Senator Moore's Office Hours

Monday, April 3, 9:00–10:00

Senator Moore's office will hold office hours at the Upton Center to discuss your concerns. Stop by!

SHINE



Wed., April 5 & Wed., April 19, 9:00–12:00

SHINE Counselors will hold individual appointments at the Center. Please call the Center to register.



Concert at Mechanics Hall, Worcester

Wednesday, April 5, Depart 10:30 for 12:00 Concert

Join us for a free concert at Mechanics Hall featuring "Ball in the House", a five member vocal band that follows in the path of classic harmony groups like The Temptations and Take 6, while incorporating pop neo-soul influences of artists like Bruno Mars and Pharrell Williams. We have reserved two tables for our group. **Please RSVP by April 3** and let us know if you need a ride (\$2 roundtrip) and whether you'd like to purchase a bagged lunch from the Center (\$3). If you prefer, you can pack your own lunch (or buy one there while supplies last). Space is limited.

Podiatrist Appointments

Thursday, April 6, 8:45–12:00

Podiatrist Dr. Biancamano will be holding appointments at the Center. Please call the Center to register.



Friends of Rachel BVT Dinner

Thursday, April 6 at 5:00

Attend an all you can eat buffet (Fish & Chips, dessert & beverage) at BVT High School to benefit Autism Speaks. Please **RSVP by April 3** and let us know if you need a free ride. We will reserve a 5 pm seating. Tickets are \$15 at the door. Van departs Millhaus at 4:45 and Coach Rd. at 4:50.



Lunch Trip to Three Seasons Restaurant

Friday, April 7—Van Departs at 11:15

Join your friends for a delicious lunch right around the corner at BVT's fabulous Three Seasons Restaurants. The culinary students have lots of great lunch options in store for you! Please call the Center to register and let us know if you need a ride on our van.



Wizard of Oz Play at Nipmuc

Sunday, April 9—Depart at 1:30 for 2:00 Play

We're heading to see the Nipmuc High School performance of "The Wizard of Oz". Don't miss this chance to see a great local production! Tickets are \$7 for seniors. **Please call the Center by April 5 to register** so that we can purchase seats together. Let us know if you'd like a free ride. Van departs at 1:30 for 2:00 show, which ends around 4:00

Breakfast at the Center

Monday, April 10 at 9:15



Back by popular demand!...Acting Town Manager Bob Reed and Upton's Fire and Police Chiefs will be here to cook you a fantastic hot breakfast. It was great fun last month. Don't miss it! Please call to register. Fee is \$3.



Birthday Bash with Music by Rockin' Ralph

Tuesday, April 11 at 12:45

Come enjoy pizza, cake and ice cream in celebration of this month's birthdays! The event is free for those of you with April birthdays; a donation of \$3 is suggested for all others. Following our lunch, "Rockin' Ralph" will be back to spin his collection of oldies. Don't miss it! Please call to RSVP.

Coffee Social at Millhaus

Wednesday, April 12 at 9:30



Join us in the front lobby of Millhaus to catch up with friends at a coffee social. No fee. Please call to register.



Intergenerational Craft Time

Friday, April 14 at 12:30

Join us for a fun Spring craft to usher in the warmer weather. It's school vacation week—so bring your grandchildren along! Please call the Center to register. No fee.



An Introduction to American Indian Music

Tuesday, April 18 at 1:00

Percussionist/author/educator Craig Harris will visit the Center with his multi-media, participatory program celebrating indigenous North America's musical tapestry, including music of powwow drum groups, Native flutists, exciting blues-rockers, reggae bands, hip-hoppers, disco divas, and electronic dance music collaborations. It's school vacation week, so bring the kids along for this unique program, co-sponsored by the COA and the Upton Library. Light refreshments will be served. No fee. Please call to register.



Blood Pressure Check

Wednesday, April 19 at 12:30

The Town Nurse will be here for blood pressure checks.

A Walk in the Park

Wednesday, April 19 at 12:30



Let's head to the Milford bike trail for some exercise! Get moving and learn about free incentives to help keep you active. Please call the Center to register and let us know if you'd like a ride on our van (\$1 for Upton seniors).



Songs & Stories for Everyone with Davis Bates

Friday, April 21 at 1:00

Davis Bates' performances are a mixture of family, Native American, international and regional songs and stories. They speak of empowerment, history, spirit and the environment. Join us for this special performance, and bring your grandchildren along since it's school vacation week! Light refreshments will be served. No fee. Please call the Center to RSVP.

VOLUNTEER APPRECIATION

Monday, April 24



Social Hour at 11:00

Join us for cheese and crackers as we kick off our Volunteer Appreciation with a social hour to show our appreciation for the many helpers we have. Please call the Center to register.

Volunteer Appreciation Luncheon at 12:00

Help us show our many volunteers just how much we appreciate them! Join us for our delicious potato bar luncheon with all the fixings. Free for volunteers; \$3 for guests. Please call Al Vautour at 508-529-9094 to sign up for the meal. And stick around for some great music afterwards!

Singer Tony Funches at 1:00

Singer Tony Funches will be here to entertain us with timeless music at its best. For more than a decade, Tony graced stages around the world as the longest standing lead singer of the legendary Hall of Fame music group, The Platters, performing classic hits such as 'Only You,' 'Smoke Gets In Your Eyes,' 'The Great Pretender' and more. He now performs not only the songs of the Platters but many other classics from artists such as The Drifters, Nat King Cole, The Temptations! Please call the Center to register. No fee.



Cornerstone's Brain Healthy Lunch

Tuesday, April 25 at 12:30

Cornerstone of Milford will be here to provide a delicious "Brain Healthy Lunch" with tips on healthy cooking for one. They'll also address how to multipurpose certain ingredients to be cost conscious. Don't miss it! Please call the Center to register. No fee.

BVT Salon Visit

Wednesday, April 26 at 9:00



Treat yourself to some pampering at the Salon at BVT. Choose from their full menu of services at discounted prices. **Please RSVP to the Center by April 21** to reserve a time and let us know if you need a ride on our van (\$1 roundtrip).



Annual Police Spaghetti Supper

Wednesday, April 26 at 5:30

The Upton Police Department will hold its annual Spaghetti Supper for seniors at the Upton Center once again. Come on down for a great meal! Please call the Center to register.

Movie at the Center

Friday, April 28 at 12:30



We'll be showing *The Light Between Oceans* (PG-13). Tom maintains a lighthouse with his wife Isabel, who is desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. But when the couple meet the child's biological mother on the mainland, they must make a decision that will forever affect the lives of four people. Let us know if you can come!

Men's Club Supper

Friday, April 28 at 5:30

Enjoy a delicious meal at the Center, courtesy of the Upton Men's Club. It's for ALL seniors, not just the men! Please call the Center to register.



Elder Affairs Officer

The Upton Police Department will be holding office hours at the Center as needed. Please call the Center to set up a time to speak with an Officer.



Exercise Classes



Tai Chi Mon's at 1:00; Strength & Stretch Wed's at 10:00
Classes are appropriate for all fitness levels. Come join us! Suggested donation is \$3 per class. No Tai Chi 4/17 or 4/24



Computer Classes

Wednesdays, 9:00—10:00

Come see Paula for help with your computer questions.

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

JESSICA'S SOCIAL SERVICES CORNER

Mass. Senior Legal Helpline: 800-342-5297

Are you 60+ and in need of legal help? This Helpline is a project of the Volunteer Lawyers Project of Boston, providing free legal information and referral services to Mass. Residents 60 and older. The Helpline is open Mon—Fri., 9 am—Noon. Most callers will not be eligible for a free attorney. However, Helpline advocates can help you find out if you are eligible and complete an application for services with a Mass. Civil legal services program. If you are not eligible for a free attorney and have some ability to pay an attorney, they can refer you to a reduced fee attorney referral program or a private bar attorney referral program.

Additional Resources for Seniors

Below are some additional agencies geared towards helping seniors with specific areas of concern.

- **Executive Office of Elder Affairs**—800-243-4636—for info. on social services or resources
- **Elder Protective Services**—800-922-2275—to report elder abuse.
- **Attorney General's Elder Hotline**—888-243-5337—for help with consumer matters.
- **Homeowner Options for MA Elders**—800-583-5337—for elder homeowners with financial problems.

Also, feel free to contact Jessica Mauro, our Social Services Coordinator here at the Upton Center, for additional referral information. Jessica can be reached at 508-529-4558.

Important Prescription Advantage Info.

Remember—Prescription Advantage is the only program available to beneficiaries with low to moderate income that will help them when and if they reach the Prescription Drug Plan Coverage GAP. Be sure to ask your local SHINE Counselor about this important and valuable program, or call Prescription Advantage at 800-243-4636 (option 2) for more information, or to apply.

Disability Placards

The Registry of Motor Vehicles recently revised its policy concerning disability placards and procedures to follow when placard holders pass away. In short, placards are not transferrable. When a person who holds a placard passes away, family members are requested to return the placard to the RMV as soon as possible. Penalty for misuse is \$500 and a 30 day license suspension. Contact 857-368-8020 with any questions.

Fuel Assistance

The SMOC Heating Assistance Programs run through May 12th 2017. If you need any heating assistance please contact the Upton Center at 508-529-4558 for an appointment to determine eligibility based on the income guidelines.

COMMUNITY CORNER



Hearing Loss Meetings

Hearing Loss Association of Central MA will hold a series of talks on technology for people with hearing loss and their families/friends. All are welcome! The presentations will be held at Northborough Library **April 8 from 2-4, June 10 from 2-4 and September 9 from 10-12.**



Canned Food Drive

Hilltop Self Storage is having a canned food drive now through **April 9th**. The Grafton, Northbridge and Upton Food Pantries depend on your donations to provide the food necessary to support our community year-round. Drop off to 100 Milford Rd., S. Grafton. (508-839-7867)

Psychic Gary McKinstry

The Upton Bloomer Girls are sponsoring a return visit from Psychic Gary McKinstry at Upton Town Hall on Friday, **April 14 at 7 pm**. Tickets are \$20 in advance or \$25 at the door. Call Upton Town Clerk's office (508-529-3565) or Ida Jette (508-529-2822) for tickets to benefit a good cause.

Upton Carnival



Mark your calendars for the Upton Carnival to be held on the VFW Grounds, Route 140 in Upton **Monday April 17—Saturday, April 22 from 1:00 pm to 10 pm**. Join the fun!



Community Supper

United Parish Church will hold its monthly Community Supper Thursday, **April 20 at 5:30**. Please RSVP 3 days ahead: 508-529-3192. No fee; donations are gratefully accepted.

St. Gabriel's Textile Fundraiser

St. Gabriel's Church of Upton is holding a textile fundraiser to raise funds for their YNIA youth mission program. Please drop off clean clothing, shoes, boots, hats, belts, purses, sheets, blankets, towels to Room 1 at St. Gabriel's lower level **by May 20**.



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each week-day at 11:45. Please call Al Vautour at 508-529-9094 by 10 am the day before a meal is served to reserve a spot or cancel a meal. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.



Where's the Chick?!

Congratulations to **Marie Lamanuzzi** who was our lucky winner for finding our hidden Leprechaun hat last month. This time we've hidden a little chick...can you find it?! Call the Center if you do and be entered to win a prize!

April 2017

Mon

Tue

Wed

Thu

Fri

3

9:00—10:00
Senator
Moore's
Office Hours
10:30 COA Meeting
1:00 Tai Chi



Hot Dog on Bun

4

10:00 Card
Players Group
12:30 Wii Games
12:30 Shopping Trip*

Macaroni & Cheese

5

9:00—10:00
Computer Class
9:00—12:00 SHINE
10:00 Strength &
Stretch
11:00 Library Table
10:30 Departure for
12:00 Brown Bag
Lunch & Concert
12:30 Canasta

Meatloaf & Gravy

6

8:45—12:00 Podiatrist
Appointments
9:00 Shopping Trip*
10:00 Knit/Crochet
Group
1:00 BINGO
5:00 Friends of
Rachel BVT Dinner

Chicken Pot Pie
w/Biscuit

7

11:15 Lunch Trip
to BVT's Three
Seasons
Restaurant



Breaded Fish
w/Bun

10

9:15
Breakfast
at the Center
12:30 Shopping
Trip*
1:00 Tai Chi



Wizard of Oz
Depart 1:30 for 2:00
Play at Nipmuc,
Sun., April 9

Beef Stew

11

10:00 Card
Players Group
12:45 Birthday Bash
w/Music by Rockin'
Ralph



Catch of the Day

12

9:30 Coffee
Social
at Millhaus Lobby
9:00—10:00
Computer Class
10:00 Strength &
Stretch
11:00 Library Table
12:30 Canasta

Chicken Murphy

13

10:00 Knit/Crochet
Group
1:00 BINGO



EASTER MEAL:
Baked Ham w/Maple
Glaze

14 Good Friday

12:30
Intergenerational
Spring Craft

Vegetable Cheese
Bake

17

PATRIOTS'
DAY



EASTER
Sunday,
April 16



Center is Closed

No meals served

18

10:00 Card
Players Group
1:00
Intergenerational
American Indian
Music Program



Meatballs w/Onion
Gravy

19

9:00 Shopping Trip*
9:00—10:00
Computer Class
9:00—12:00 SHINE
10:00 Strength &
Stretch
11:00 Library Table
12:30 Canasta
12:30 BP Checks
12:30 Walk in the
Park

Fish w/Crumb Topping

20

10:00 Knit/Crochet
Group
1:00 BINGO

Salisbury Steak

21

9:30 Shopping
Trip & McD's*
1:00 Songs &
Stories for
Everyone with
Davis Bates



Greek Chicken w/
Biscuit

24

VOLUNTEER
APPRECIATION:
11:00 Social Hour
12:00 Volunteer
Lunch
1:00
Singer
Tony
Funches



BBQ Chicken

25

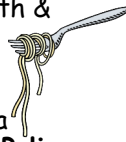
10:00
Card
Players
Group
12:30 Cornerstone's
Brain Healthy Lunch
2:00 Wii Games



Salmon Boat

26

9:00 BVT Salon Visit
9:00—10:00
Computer Class
10:00 Strength &
Stretch
11:00 Library
Table
12:30 Canasta
5:30 Annual Police
Spaghetti Supper



Chicken Primavera

27

10:00 Knit/Crochet
Group
1:00 BINGO

Stuffed Pepper
Casserole

28

9:00 Shopping
Trip*
12:30 Afternoon
Movie
5:30 Men's
Club
Supper




Shepherd's Pie

* Please see
Newsletter for
details on our
shopping trips.



April, 2017 — Dates to Remember

Check  here if you plan to attend !*

- April 3 _____ Senator Moore's Office Hours, 9:00—10:00
- April 3 _____ COA Board Meeting, 10:30
- April 4 _____ Shopping Trip—Hannaford's, Uxbridge, 12:30
- April 5 _____ SHINE appointments, 9:00—12:00
- April 5 _____ Mechanics Hall Concert, Worcester, Depart 10:30/12:00 Concert. Do you need a ride? Yes ____ or No ____
Would you like to purchase a bagged lunch to bring for \$3? Yes ____ or No ____
- April 6 _____ Podiatrist Appointments, 8:45—12:00
- April 6 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- April 6 _____ Friends of Rachel BVT Dinner. Depart at 4:45. Do you need a ride? Yes ____ or No ____
- April 7 _____ Lunch Trip to BVT's Three Season's Restaurant, Depart 11:15. Do you need a ride? Yes ____ or No ____
- April 9 _____ Wizard of Oz Play at Nipmuc High School, Van departs 1:30. Do you need a ride? Yes ____ or No ____
- April 10 _____ Breakfast at the Center, 9:15
- April 10 _____ Shopping Trip—Market Basket, Hudson, 12:30
- April 11 _____ Birthday Bash, 12:45. Do you have a Bday this month?! Yes ____ or No ____
- April 12 _____ Coffee Social at Millhaus Lobby, 9:30
- April 14 _____ Intergenerational Spring Craft, 12:30
- April 16 _____ HAPPY EASTER!
- April 17 _____ PATRIOTS' DAY—Center is Closed; No Meals Served
- April 18 _____ Intergenerational American Indian Music Program, 1:00
- April 19 _____ Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:00
- April 19 _____ SHINE appointments, 9:00—12:00
- April 19 _____ Blood Pressure Checks with the Town Nurse, 12:30
- April 19 _____ Walk in the Park, 12:30
- April 21 _____ Shopping/Lunch Trip—Kmart, Webster, with a stop at McDonald's on the ride home, 9:30
- April 21 _____ Songs & Stories for Everyone with Davis Bates, 1:00
- April 24 _____ Volunteer Celebration—Social Hour, 11:00
- April 24 _____ Volunteer Lunch, 12:00
- April 24 _____ Volunteer Celebration—Singer Tony Funches, 1:00
- April 25 _____ Cornerstone's Brain Healthy Lunch, 12:30
- April 26 _____ BVT Salon Visit, 9:00. For what service? _____ Do you need a ride? Yes ____ or No ____
- April 26 _____ Annual Police Spaghetti Supper, 5:30
- April 28 _____ Shopping Trip—Market Basket, Oxford, 9:00
- April 28 _____ Afternoon Movie, 12:30
- April 28 _____ Men's Club Supper, 5:30

Please call the Upton Center at 508-529-4558 to register for rides and programs.

Hours of operation are Monday—Friday, 9:00—3:30 (weather & staff permitting).

HAPPY
Easter



Easy Sign-Ups!! Turn your sheet in to our office and we'll make a copy and sign you up!

Your name:

Your Phone Number:

WEEKLY EVENTS AT THE UPTON CENTER

Every Monday.....	Tai Chi (no class 4/17 and 4/24)	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games (No Wii on April 11 or 18; Wii at 2:00 on April 25).....	12:30
Every Wednesday	Computer Class.....	9:00
Every Wednesday	Strength & Stretch	11:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00